

Individualizirani pristup bolesniku sa sinkopom

Syncope – individual patient management

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Sinkopa je naziv za svaki iznenadni prolazni gubitak svijesti koji nastaje uslijed poremećaja prokrvljenosti mozga.¹ Nakon takvog događaja vrlo je važno započeti što raniju obradu. Što je epizoda sinkope vremenski udaljenija od početka obrade, teže je postavljanje dijagnoze.² Ako sinkopa dovodi do ozljede ili recidivira osobito u kratkom vremenskom razdoblju, potrebna je opsežnija obrada. Podaci dobiveni od svjedoka su korisni i najbolje ih je dobiti što prije.

Kod bolesnika kod kojih postoji sumnja na aritmiju, miokarditis ili ishemiju srca kao uzrok sinkope, u svrhu obrade potrebna je hospitalizacija. Kod drugih bolesnika može se učiniti ambulantna obrada. Dijagnoza sinkope postavlja se na osnovu anamneze bolesnika, fizikalnoga pregleda, standardnog elektrokardiograma, dodatnih neinvazivnih i invazivnih pretraga, elektrokardiograma i kontinuiranog praćenja stanja bolesnika. Liječenje je individualno i ovisi o samom uzroku sinkope.

U našem radu istaknut ćemo značaj medicinske sestre i pristup bolesniku tijekom postavljanja dijagnoze.

Any sudden, momentary loss of consciousness, due to circulatory disturbances in the brain is called syncope.¹ The management should be started as soon as possible after the event. As more time passes since the episode, the harder it is to determine the diagnosis.² If the syncope results in injury or it recurs especially in a short period of time, a more extensive elaboration and management is needed. A medical history provided by witnesses is useful and must be obtained as soon as possible.

In patients with suspected arrhythmia, myocarditis or ischemia as a cause of syncope, hospitalization is required. Other patients can be managed ambulatory. The diagnosis of syncope is set on the basis of medical history, physical examination, electrocardiogram, continuous monitoring and additional non-invasive and invasive procedures. The treatment is individual, and depends on the cause of syncope.

In our presentation, we will highlight the importance of nurses in the management of the patient during the process of determining the diagnosis and treatment.

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LITERATURE

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